

How Trauma Informed Service Delivery can Improve Your Outcomes

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3 Big Ideas

Statistically speaking, those you engage while at work are more likely to have been impacted by trauma than not.

Traumatic experiences change the way the brain works and thus how we behave.

Trauma Informed Service Delivery can improve your outcomes.

Trauma Defined

Trauma is an event or series of events that are extremely upsetting and at least temporarily overwhelm internal resources.

BRIERE, J. (2006). DISSOCIATIVE SYMPTOMS AND TRAUMA EXPOSURE: SPECIFICITY, AFFECT DYSREGULATION, AND POSTTRAUMATIC STRESS. *JOURNAL OF NERVOUS AND MENTAL DISEASE*, 194, 78-82.

Trauma Defined Cont....

Two core experiences of interpersonal trauma are:

- 1) Forced action (Disempowerment)
- 2) Violation of social contract (*Betrayal*)

The Prevalence and Impact of Trauma

Adverse Childhood Experience Study

The ACE Study provides scientific evidence that adversity early in life is quite common and increases physical, mental and behavioral problems later in life.

The ACE Study is the largest study of its kind, with over 17,000 participants.

Dr. Vincent Felitti from Kaiser Permanente and Dr. Robert Anda from the Centers for Disease Control and Prevention completed the study in the 1990's.

Aces Primer Video

ACE IMPACTS

Alcoholism and alcohol abuse

Chronic obstructive pulmonary disease (COPD)

Depression

Fetal death

Health-related quality of life

Illicit drug use

Ischemic heart disease (IHD)

Liver disease

Risk for intimate partner violence

Multiple sexual partners

Sexually transmitted diseases (STDs)

Smoking

Suicide attempts

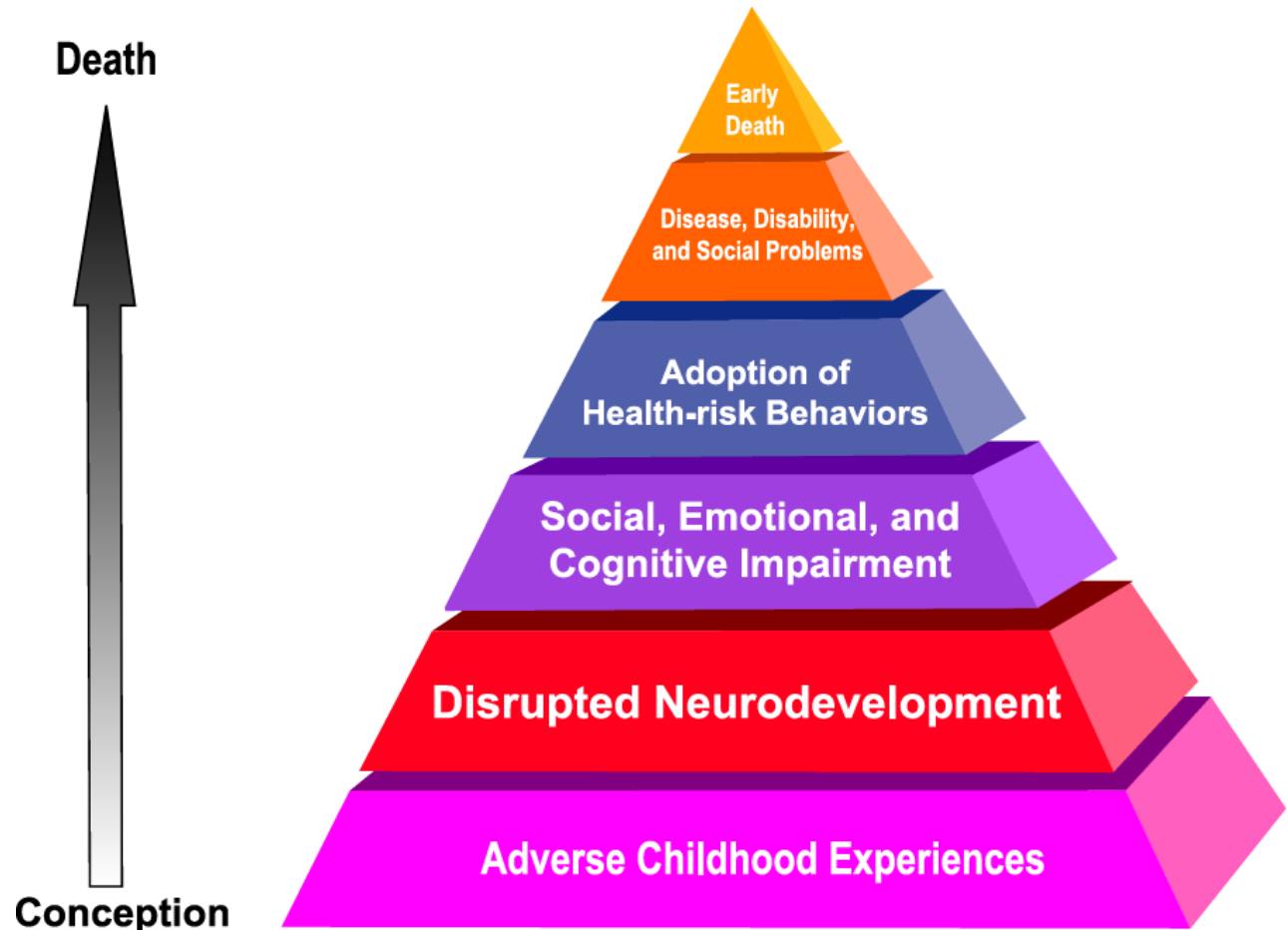
Unintended pregnancies

Early initiation of smoking

Early initiation of sexual activity

Adolescent pregnancy

ACE Impacts Explained



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Lets Talk Brain Science!

The Central Nervous System



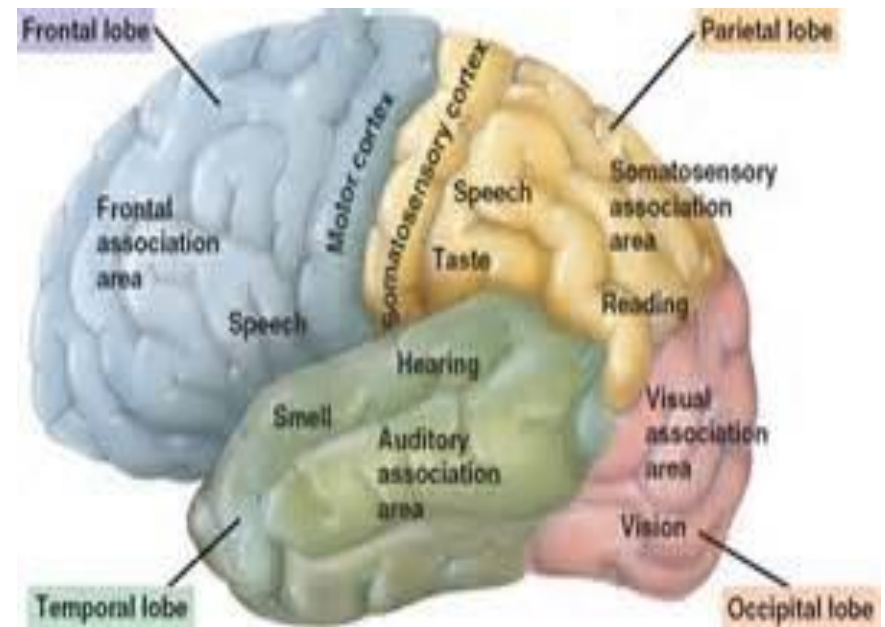
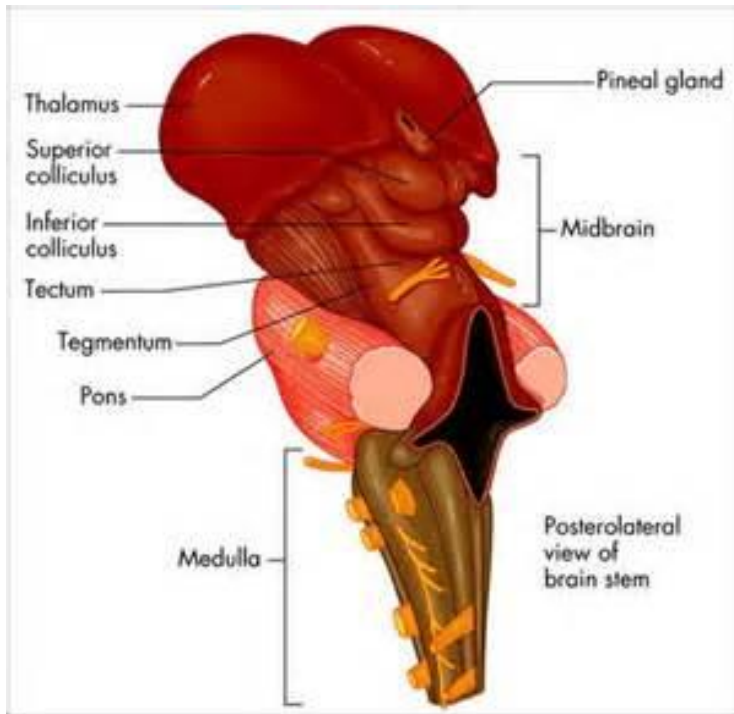
Central Nervous System Breakdown



Sympathetic
Nervous System



Parasympathetic
Nervous System



Sympathetic Nervous System

The sympathetic nervous system is responsible for our survival!

This system is responsible for our FIGHT, FLIGHT, and FREEZE response.

This system activates biological responses to “adapt” and “respond” to danger (heart rate, breathing, digestion, muscle tension, vision, stress hormones etc..)

Parasympathetic Nervous System

Responsible for everything smart (and half way smart 😊) that we do.

Brain and body are in a state of optimal functioning when not in danger (resting heart rate, limited body tension, relaxed breathing, etc...).

What about you?

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Mindfully Aware

Cautious

High Alert

Fight, Flight
or Freeze

Trauma Informed Service Delivery

“Trauma Informed Care (service delivery) is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. Trauma Informed Care also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.”

<http://www.traumainformedcareproject.org/>

What can you do?

- Educate yourself!
- Monitor your level of activation
- Monitor and respond constructively to activation levels in those you are serving.
- Consider:
 - “what has happened to you”
 - as opposed to
 - “what is wrong with you?”

Most Importantly

- Align and connect with those you serve (*trust, predictability*)
- Always seek ways to provider choice (empowerment)

Questions?

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Thank You

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Achieving Wellness Through Brain-Based Trauma Informed Care